



Diabetes Prediction and Diagnostic Services

The number of people with diabetes in Hong Kong has increased dramatically over the past 10 years. In Hong Kong, one in 10 people have diabetes. Diabetes reduces life expectancy by 10-12 years and is the leading cause of stroke, blindness, heart attack, kidney failure, amputation and impotence. Evidence shows that there is a growing trend of people diagnosed at a young age. People with diabetes often do not have symptoms and therefore the diagnosis is often missed, resulting in late presentation with organ damage. The **“Diabetes Prediction & Diagnostic Services”** aims to raise awareness and enable at risk subjects to detect diabetes early, so they can access treatment to manage their diabetes and prevent future complications. Subjects already diagnosed with diabetes are encouraged to join the **“Diabetic Complications Assessment Programme”**.

If you have one or more of the following risk factors for diabetes, you are recommended to undergo formal testing to predict and diagnose diabetes :

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| <input type="checkbox"/> Family history of diabetes (parents, children, siblings) | <input type="checkbox"/> Current or ex-smoker |
| <input type="checkbox"/> Aged 45 or above | <input type="checkbox"/> History of heart disease or stroke |
| <input type="checkbox"/> History of high blood glucose level | <input type="checkbox"/> Overweight / Obesity / Large waist |
| <input type="checkbox"/> History of gestational diabetes | <input type="checkbox"/> History of polycystic ovarian syndrome |
| <input type="checkbox"/> History of big baby delivery (> 4 kg) | <input type="checkbox"/> History of high blood pressure |
| <input type="checkbox"/> Inadequate physical activity | <input type="checkbox"/> Having abnormal lipid profile |

References: [1] American Diabetes Association. Screening for type 2 diabetes. Diabetes Care 2004 (27 Suppl 1):S11-14. [2] International Diabetes Federation Western Pacific Regional Office. Plan of Action (2006-2010). Manila, Philippines, 2008. [3] Alberti KG, Zimmet P, Shaw J: International Diabetes Federation: a consensus on Type 2 diabetes prevention. Diabet Med 24:451-463, 2007

Preparation and procedures:

- ✧ In the days leading up to the examination, no special dietary restriction is necessary. Subjects are advised to eat their usual diet.
- ✧ On the day of the examination, subjects should withhold any oral intake including medication, avoid strenuous exercise and smoking for 8-14 hours before the examination. Water is allowed.
- ✧ Bring along all drugs and a packed breakfast on the day of examination.
- ✧ The examination involves measurements of obesity indexes and blood pressure followed by a 75 gram Oral Glucose Tolerance Test. 5-10 ml of blood will be taken for testing Fasting Blood Glucose, Haemoglobin A1c and Complete Blood Count before the subject is asked to drink 250-300 ml water containing 75 gram of glucose within 5 minutes. Another sample of blood glucose will be taken 2 hours later.
- ✧ Oral intake is allowed after the test.
- ✧ Please bring your HKID card or equivalent documents for identification.
- ✧ Examination fee: HKD \$600 in cash (For HKID card holders).
 HKD \$1,200 in cash (For non-HKID card holders).
- ✧ No service will be provided if the Black rainstorm warning signal and/or the tropical cyclone warning signal No. 8 or above is hoisted. Our service will resume as soon as practicable after the warning signal is lifted.

Opening Hours:

Monday to Thursday	8:45 AM to 5:30 PM
Friday	8:45 AM to 5:45 PM
Saturday, Sunday & Public Holidays	Closed

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